

# *The St Thomas Times*

*The quarterly community news magazine for St Thomas*



*Local Events*

*Local interest stories & information*

*Daily diary of groups & clubs*

*Updates from your community*

*Local business Advertising*

*Autumn 2020 Edition 1*



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*Hello readers,*

*Welcome to the first edition of the St Thomas Times. We are sorry that there has been so much of a delay but for obvious reasons this year it hasn't been possible for us to move forward as quickly as we would have liked.*

*We have kept this edition to 16 pages but we hope future editions will be bigger once the community is able to look forward again; we also need the support of local businesses to be able to continue with more editions. We have heard so much about the St Thomas community and have been overwhelmed by the stories, articles and photos that we have received - keep it up! We love to hear from you.*

*A big thank you to George Hall who provided our cover photo; he also reported the creation of the St Thomas Community Larder to us, for which his wife raised £1600 by selling handmade facemasks to buy provisions for those in need. What a fantastic achievement!*

*We hope that we can look forward to hearing from more of you soon and that you will enjoy reading your community magazine as much as we have enjoyed creating it for you.*

*Thank you in advance to all the people that help deliver the magazine to homes, businesses and services in St Thomas. You can also download a copy from our Facebook page <https://www.facebook.com/stthomastimes>.*

*Best wishes  
Wendy & Mark*

## **Advertising information**

### **The deadline for the next edition is the 8th of November 2020**

We are happy to offer community organisations based within the St Thomas ward area a **FREE** quarter page advert . For Community organisations outside of the ward we charge a discounted rate starting at £10 for a quarter page. We offer commercial businesses the opportunity to advertise with us from **£25** for a quarter page for 1 issue , we offer a sliding scale discount up to **10% for 4 issues**. A quarter page **for 4 issues is £90**. Other sizes are available. Editorials of up to 150 words are printed **FREE** at the editors' discretion, space permitting, Items received after the deadline may not be printed. **FREE** advert design service

**If you would like any further information please contact Wendy or Mark at [communitypressexeter@gmail.com](mailto:communitypressexeter@gmail.com)**

Opinions expressed in this magazine are not necessarily those of the publisher, editor or designer and the magazine is in no way responsible for these opinions.

Whilst every care is taken to ensure that data is accurate, the editor can accept no responsibility and hereby disclaims any liability for the veracity of claims made by contributors or advertisers in either editorial or advertising content.

The St Thomas Times is printed by Brightsea Print Group, Exeter Airport



*St Thomas Times*  
Local news for everyone  
Part of Community Press

## About us

The St Thomas Times is part of Community Press, a volunteer-run community initiative. My husband Mark and I set up the first of our now three magazines in Pinhoe two and half years ago. We have a passion for community and could see how a community magazine could help residents find out about what was going on in their area and encourage people to support local businesses. A year later we were approached by the Community Builder for Whipton & Mincinglake to develop a similar magazine for that area and now a year later here we are starting our third magazine area.

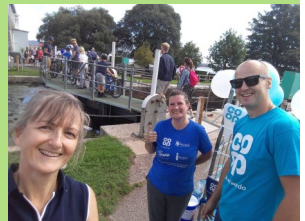
We are not a business - we are completely voluntary. We rely on businesses to advertise to cover the printing costs of the magazine; once we reach the print cost threshold, the rest of the magazine space goes to the local community, so the more businesses who support us the more pages we can add - and the more space there is available for the community. We are pleased to make the St Thomas Times happen for the community of St Thomas and we hope that we will be supported.

If you would like advertise in our next edition please contact us, we offer quarter page adverts from £25 for one edition or £90 for four editions. Other sizes are of course available. Please just ask [communitypressexeter@gmail.com](mailto:communitypressexeter@gmail.com)

## "Co-op Haven Banks (5835) 10 Mile Cage Push"

Coop Haven Banks did a crate push for 10 miles to the Turf Locks and back in aid of the charity MIND. Gareth the Store Manager was a hero for pushing the crate all the way. We didn't even stop at the Turf for a pint! Well you can see the length of the queue! Jo was also a marvelous community fundraiser talking to everyone we passed...we cheered a lot of people up and several thought we were crazy but that's good right now, don't you agree? Charities have taken quite a hit due to Covid so we are trying to make sure we raise as much as we can to help them out. This month we will be choosing our Local Community Fund charities to which Coop members can donate via their shopping. Coop gives 1% of the purchase price to the charity and 5% is discounted for you. You can opt to give more to charities if you choose. For Coop, this "is what we do".

The crate push raised £303 so far. £126 was actually gathered from people who passed us on the walk. People can still give by going in to their local Coop (Cowick Street or Haven Banks) and adding an amount to a purchase or popping cash into a collecting tin.. You can also donate by card with no purchase. Or you can give online via Just Giving and search for "Co-op Haven Banks (5835) 10 Mile Cage Push"



## What's on St Thomas

### Mondays

|                                |                              |               |
|--------------------------------|------------------------------|---------------|
| Riverside Young adults         | via Zoom                     | 7.30 - 9pm    |
| St Thomas Methodists' Brownies | via Zoom                     | 6 - 7.30pm    |
| Zumba                          | West Exe School              | 6.45 - 7.45pm |
| Freemovement                   | Cowick Barton playing fields | 6.30 - 7.30pm |
| Exeter academy of dance        | St Thomas Methodist' church  | 4 - 8.30pm    |

### Tuesdays

|                           |                              |               |
|---------------------------|------------------------------|---------------|
| Musical moments with Mike | Family Garden                | 9.30am        |
| Babysign level 1          | Family Garden                | 11.30am       |
| Exeter academy of dance   | St Thomas Methodists' church | 5 - 9pm       |
| Slimming world            | St Thomas Methodists' church | 3pm, 5pm, 7pm |
| Zumba kids                | Montgomery School            | 3.30pm        |
| Zumba kids junior         | Montgomery School            | 4.15pm        |

### Wednesdays

|                                   |                              |               |
|-----------------------------------|------------------------------|---------------|
| Exeter academy of dance           | St Thomas Methodists' church | 3.45 - 9.15pm |
| Holistic toddler group            | Family Garden                | 10am          |
| Seedings group & treasure baskets | Family Garden                | 1.30pm        |
| Knit and Natter (limited to 6)    | St Thomas Parish church      | 10.30am       |
| Carry on choir                    | via website/zoom             | 7.30pm        |
| St Thomas Methodists' Rainbows    | via Zoom                     | 4.45pm        |
| St Thomas Methodists' Brownies    | via Zoom                     | 6pm           |
| Art & social (adults only)        | The Club Locarno Rd          | 1 - 4pm       |
| Slimming World                    | St Thomas Methodists' church | 9.15, 11.15am |
| Freemovement                      | Cowick Barton playing fields | 6.30 - 7.30pm |
| St Thomas community larder        | St Thomas Parish Church      | 10am - 12     |

### Thursdays

|                                    |                   |               |
|------------------------------------|-------------------|---------------|
| St Thomas Library 'Bounce & Rhyme' | via Facebook live | 10.30am       |
| Urban flow sassy body confidence   | via Zoom          | 7.30 - 8.30pm |
| Musical moments with Mike          | Family Garden     | 9.30am        |
| Baby massage                       | Family Garden     | 11.30am       |
| Boys Brigade St Thomas Methodists' | via Zoom          | 6pm           |
| Zumba                              | West Exes School  | 6.45 - 7.45pm |

### Friday

|                            |                              |           |
|----------------------------|------------------------------|-----------|
| Pyjama Drama               | Family Garden                | 9.30am    |
| St Thomas community larder | St Thomas Methodists' church | 10am - 12 |

### Saturdays

|                               |                              |          |
|-------------------------------|------------------------------|----------|
| Freemovement                  | St Thomas pleasure ground    | 9 - 10am |
| St Thomas Library 'storytime' | via Facebook live            | 10.30am  |
| Exeter academy of dance       | St Thomas Methodists' church | 9 - 1pm  |

### Sundays

|                      |                 |            |
|----------------------|-----------------|------------|
| St Thomas food fight | outside Natwest | 11am - 1pm |
|----------------------|-----------------|------------|

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## **St Thomas Bowling Club**



### **An Introduction to Lawn Bowling in Your St Thomas Area.**

St Thomas Bowling Club was formed in 1921. Originally the Club was a private one, leased from Mr Parkin of the Cowick Barton Estate. The lease and assets were taken over by the Exeter City Council in 1939.

You will find us in Cowick Barton Playing Fields, which is just off Barton Road EX2 9DD. (We are next to the tennis courts.) We have the use of a free carpark and have level access to the Club house. After a later than usual start to our 2020 season because of the Covid-19 virus, we have now recently been allowed by the Government and Exeter City Council to commence bowling again.

With the health and safety situation this year we have been restricted to home games, but have enjoyed meeting up and enjoying games and competitions amongst ourselves. We would normally play friendly matches with other clubs in Exeter and throughout Devon. We are a very friendly Club and always warmly welcome new members from 9 to 90 +! Although this season will be closed by the end of September, you will still be able to join us from mid April next year (the next season commences in April 2021 and runs until the end of September) when it will be a very special year for us, as it will be our Centenary year.

Why not give bowls a try? It is gentle exercise and an ideal place to socialise and meet new friends.

For more details contact: Jan Goldsworthy or visit our website (address below) for up to date information.

stthomasbowling@hotmail.co.uk or Mobile 07975 284192

<https://www.hugofox.com/community/st-thomas-bowls-club-8470/home/>

By Janet Goldsworthy and Brian Sprague



### **Health and Fitness after Lockdown.**

**Katie Thomas**

**Owner of Good Vibes Studio & Gym Marsh Barton.**

For lots of us this lock down would have led us on a journey that felt very un-natural, some will have exercised more, eaten better and had more time to put the time and energy into living at home with less rushing about than normal.

Some will have found it really hard to motivate with out the support of your workout buddies, gyms, fitness classes and felt like the control you had before this crazy experience was just slipping away, However you have travelled this journey is OK, Survival is not the same for any two people. Getting back to moving and feeling good now can be simple if you need it to be and there is help out there waiting. General moving to start is good, walking, cycling, running outdoors is free and accessible to all.

The gyms will start to open and gradually you can start to look for the one that fits you best! So vital now more than ever that you are part of a gym or classes venue that gets how you feel, encourages you to feel better and does not add pressure to an already worrying time. Start by moving more, eating more sensibly, drinking plenty and not putting pressure on yourself to push to hard to start with, it took you a while to adjust to lock down, give yourself those weeks to get back on track and find your new 'normal'.



The Larder was set up to help folk who were experiencing hardship because of the lockdown and Covid 19. We have assisted over 70 different families over the last 6 months, on average 45 per week representing around 80 people each week.

We have tried to be creative and have supplied craft materials, cooking items, basic food packages and also health and cleaning items. Our clients have ranged from folk with babies, children, teenagers, adults with health issues, refugee families, to isolated elderly adults. Folk have been introduced to us by the local schools, health centre, community builders, Exeter Well being, and obviously through our own network of youth organizations and family work in our churches. The community have really rallied around and provided us with lots of items and finance and continue to do so. We have had a good team of volunteers and been assisted by Free Movement, who have delivered our parcels each week to folk on their bicycles and trailers.

We are there to help, while folk get themselves sorted and adapt during these challenging times.

The Community larder is located at St Thomas Methodist Church and will be open for collection of essential items and food packages on Wednesday and Friday mornings between 10am and 12 Midday. In exceptional circumstance we are able to deliver packages of food and essential items to those who are unable to collect from the resource centre.

Requests received by 3pm will be processed and arrangements made to collect from the resource centre or delivery will be made the following day.

If you would like to make a donation; we are currently collecting the following food items;

Cereal, Beans/Spaghetti, Soup, Tinned Tomatoes, Tinned Potatoes, Dried potatoes (smash), tinned vegetables, tinned fish, tinned meat/meat pies, tinned fruit, custard or rice pudding, biscuits & savoury crackers, sugar, pasta/rice, tea, coffee, fruit squash, long life milk, sauces (pasta, carbonara), sauces (curry, sweet & sour), treats/choc bars, toilet rolls, toothbrushes, shower gels/deodorant, washing powder, toothpaste, shampoo, feminine hygiene products, nappies.

Please drop off any items at St Thomas Methodist Church between 10am and 12 midday on Wednesday or Friday. Financial contributions can be made to; Cheques payable to : St Thomas Methodist Church.

Referring agencies can make a referral on the appropriate form using the email address below or call the St Thomas Community Larder for more information

If you would like to make a donation, referral or enquiry please contact

Email: [stthomascommunitylarder@gmail.com](mailto:stthomascommunitylarder@gmail.com)

Phone: 01392 210146





# St Thomas Parish Church

[www.stthomaschurhexeter.co.uk](http://www.stthomaschurhexeter.co.uk)

## Sunday services :

10:30 Informal zoom service  
12:00 Holy Communion in Church

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# OPEN

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- Thursdays & Fridays 10-12noon & 2-5pm
- Saturdays 10-12noon

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## Meet Anna..

As a working mum of two young children in my 40's, I'm probably not your average fitness instructor - perhaps you feel that you're not a "typical" fitness person! But there are fitness instructors and other people out there who understand how hard it can be to take that first step towards being active.

Some people like the idea of going to a gym or exercise class but feel nervous about it. I teach a variety of classes including Dance and Bollywood Fit, and whilst dancing may not be for everyone, it's a great way to exercise and have fun. During lockdown, people had the

opportunity to try out new classes online (videos off is fine!) and decide if they then wanted to attend in person when the gyms re-opened.

What I really missed about gym classes during lockdown was the social buzz. But even with online Zoom classes I felt the community come closer together, and loved seeing participants from all the different gyms where I teach in one class, plus some from abroad! It's always warming to see the range of ages, body shapes, sizes and abilities (because there are always different intensity options).

If you'd like to be more active, remember that thinking about it is the first step. You need to make the right choice for you because we're all different, whether that's in the gym, at home or out in nature. Our unique differences should be embraced and celebrated - there is something out there for everyone!



Anna Janota  
AnnaJFitness  
@annajfitness (Facebook)  
@annajfitness2018 (Instagram)  
annajfitness@gmail.com

## Meet Your Neighbour



### Monthly Zoom Cafe for St Thomas

We have started a monthly zoom so that people can connect to others in the beautiful community of St Thomas. We are still at the early stages but want people to find the sessions a benefit to their wellbeing and to get information about the community as well as come up with new ideas. It is a safe and inclusive space for people to join with children, with their pets or whilst making a cup of tea. It is a very relaxed atmosphere with no pressure to speak if you do not want to.

We have a facebook page and create the event from there. It is currently on the last Saturday of every month at 11am and we send the zoom link to people on the morning.  
<https://www.facebook.com/Zoom-Cafe-for-St-Thomas-Community-111840753898385/?ref=bookmarks>

<https://www.facebook.com/events/646069366316230/>

If people are not on facebook they can email [stthomaszoomcafe@gmail.com](mailto:stthomaszoomcafe@gmail.com) and get the zoom link that way.

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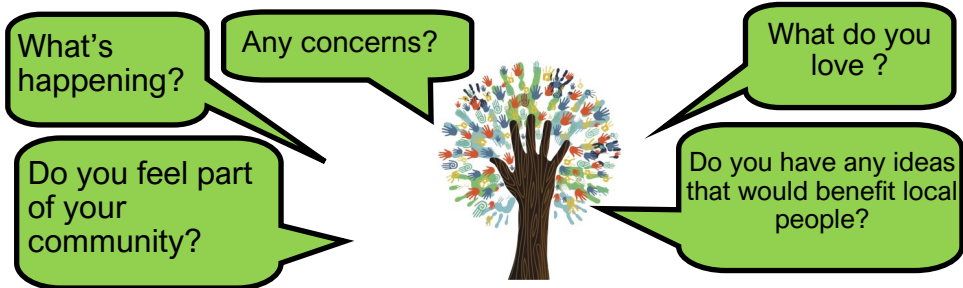
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**If you would like to chat please contact**

Chloe Pooley – Wellbeing Exeter Community Builder

Mobile: 07935 218747 Twitter: @chloe\_stthomas

Instagram: stthomascb Email: stthomascb@gmail.com



Balloons is the local child bereavement support charity. We provide pre- and post-bereavement support to children and young people aged 5-25 living in Exeter, Mid & East Devon. We also support their families by providing our telephone helpline and our family events programme. We are the only organisation in our geographical area delivering this support. Since lockdown we have been supporting families bereaved through Covid-19.

The death of a significant loved one can have a profoundly negative impact, especially for children. Unsupported children have poorer health and educational outcomes, are more likely to engage in anti-social behaviour and enter the criminal justice system, have higher teenage pregnancy rates and are more prone to depression, anxiety, self-harm and attempted and successful suicide. The challenge is to intervene so that these negative health, educational & social outcomes are mitigated against, and that is what we do! We stand alongside children when they are at their most vulnerable when Mum or Dad dies, when brother or sister dies.

If any of my friends were unlucky enough to lose Dad like I did – I'd tell them to go to Balloons. In

fact, I would take them there myself!  
(Girl aged 11 after Dad died)

As a very small and local charity, we rely on the support of local people and local businesses. If you want to know more about how you can get involved in Balloons, then feel free to contact us on 01392 826052. We'd love to tell you all about our work and how you can help.



## Sands United FC Exeter



Sands United FC is a unique way for dads and other bereaved family members to come together through a shared love of sport and find a support network where they can feel at ease talking about their grief when they're ready. The teams also commemorate their babies' all too brief lives by proudly displaying their names on the kit worn for every match.

And each team member helps make a difference by raising vital funds to help Sands achieve its vision of a world where fewer babies die, and when a baby does die, anyone affected receives the best possible care and support for as long as it's needed.

If anyone is interested in joining or if anyone would like more information regarding Sands United then please drop a message on Facebook or via our email address [sufcexeter@gmail.com](mailto:sufcexeter@gmail.com)

<https://www.facebook.com/Sands-United-FC-Exeter-108243644238528/>

## One Mile Bakery Exeter in St Thomas: A Knead to Make Bread

During 2018, I left my office job to make a mix of sourdough and real breads, delicious seasonal soups and gorgeous preserves to a small group of local subscribers within a mile from my St Thomas home. I have waiting list at the moment but I'm hoping to be able to add more to my delivery route soon, so do head to my website to add yourself to the list if you're interested I also host small, fun and relaxed baking classes in my homebased microbakery.



They include introductory level classes that show you how to make incredible yeasted bread at home, sourdough classes that demystifying how to bake amazing sourdough bread at home and also classes with specific techniques used in bread-making throughout the world. During each day you'll learn to bake three key loaves, with different flours, which incorporate all the core skills and knowledge for bread-making and leave you confident to tackle any bread recipe. I also provide a mid-morning toast round and a luscious two course lunch. Book a space for yourself or gift one my beautiful OMB gift vouchers as the perfect gift for your foodie loved ones.

[www.onemilebakery.com/exeter](http://www.onemilebakery.com/exeter)

### ***Sights to enjoy in the darkening skies***

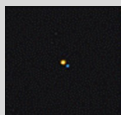
A new newsletter for St Thomas community is an exciting prospect and I am thrilled to be contributing. Some of you will have seen me at St Thomas Library either giving a talk or listening to one. Later this year I am due to talk about the Moon and launch my guide to observable astronomy. I love sharing my enthusiasm for the night sky with practical demonstrations and models to bring the subject to life. Due to the challenges this year, instead of a real-life solar cooker making session, I uploaded photographs to the Science in the Library Facebook page.

The object of my contribution here is to entice you outside to observe some easy to find stars. I am a volunteer at the Norman Lockyer Observatory where I have the privilege of being a trained Telescope Presenter for one of the historic telescopes. September is a good time to start observing as it starts getting dark earlier before the temperature starts to drop too much.

### ***Summer Triangle***

This is a recognisable pattern of stars, providing guideposts to three constellations. Three of the early stars to appear form a triangle: Vega is in Lyra, Deneb (to the east of Vega) is at the 'tail' end of the constellation Cygnus and Altair is the brightest star in Aquila. Vega is the brightest of the three which is almost directly overhead; the brightness is due in part to its proximity to Earth (25 light years) and also to the fact that it is 52 times as bright as the Sun.

Deneb is a white supergiant (a star approaching the end of its life). At 3,000 light years away, it is the most distant of the brightest stars as seen from Earth. It is about 100 times the size of our sun. Altair is just 17 light years away with a fast rotation causing the middle to bulge.



The constellation of Cygnus contains the delightful 'highlight' star Albireo, at the head of the Swan. It is a very pretty blue/yellow double star to view through binoculars and telescopes and is a justly popular object. The Milky Way passes through Cygnus.

Karen Hedges - wishing you Clear Skies!  
September 2020  
[www.karenhedges.co.uk](http://www.karenhedges.co.uk)



## **Cowick Street, a squilometer in time.**

Whilst taking my daily stroll through St Thomas during lockdown and being so used to the sights, sounds and the usual hustle and bustle of Cowick Street, an artery into the heart of the city, I began to realise that it was probably the quietest its ever been. The streets had become so abruptly silent, it was noticeable just how vibrant our part of Exeter usually is, and I guess, has

always been, since the first settlers decided that this side of the river Exe was a decent place to call home.

As generations have come and gone, Cowick Street, along with the rest of St Thomas, has matured with each generation leaving their mark. From housing, markets, shops, places of worship, pubs, cafes and eateries, street names, trees, parks and gardens. Just a small reminder (a gift even) for us to notice and connect with. These familiarities that normally blend into the background of our daily lives are also the things that make us feel safe, make us comfortable, make us feel at home... and make us who we are.

This year the St Thomas Squilometer Team will be looking to form a Cowick Street 'Pod'. A steering group of local people who live and work in and around Cowick Street. Backed by the National Lottery Heritage Fund, we'd like to explore together how we can celebrate the deep heritage and the future potential of this very special street.

***If you have any Cowick Street memories / thoughts or inspirations, please do get in touch.***

To get involved online, you can contact me via email:

info@stthomassquilometre.org

facebook: @StThomasSquilometre or instagram: stthomas\_squilometer

Our facebook page: <https://www.facebook.com/StThomasSquilometre>

While you're there, join the conversation on the facebook group, or our website: [www.stthomassquilometre.org](http://www.stthomassquilometre.org)



***Where was the photo taken?*** Photos kindly provided by George Hall





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ST THOMAS COMMUNITY ASSOCIATION

## **PUMPKIN TRAIL 2020**

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**MONDAY 26 - FRIDAY 30  
OCTOBER  
(prize draw on Saturday 31 Oct)**

To enter the prize draw please follow the link to the online form posted on Facebook or email: [stthomasca@gmail.com](mailto:stthomasca@gmail.com)

Prizes from local companies including The Biscuit Bakery, Kerry's Cake Kitchen, FabLab Devon, Maria's Books, Cherry Blossom Bakery and more.

